

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

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26 October 2001

"Leadership, Partnership, and Championship"

### FEELING ON EDGE? KEYED UP? HYPERVIGILANT?

If you and your target population are super aroused, and focused solely upon world, national and local events, this may be a recipe for burn out, distress, grief, anxiety and anger! What types of prevention and early intervention services are you and others offering? Do you provide daily relaxation? Stress reduction skills training? Mental or stress relief? Music timeouts? Wellness breaks? Humor? Plenty of workout and exercise times? Religious and faith opportunities? Daily notes on CHCS or through the POD? Links to calming, helping therapeutic sites? Consider how you may influence the command climate...

Suggestions from experts support and endorse coping, dealing with issues, balancing yourself and healing. This may take the form of helping others, drawing upon religious faith, staying connected with others, practicing and doing lots of things which are relaxing, expressing yourself, taking good care of your physical self and body, avoiding or limiting the news, and remembering your resiliency. If problems persist or interfere with work, relationships and daily life, then consider seeking help!

#### Helpful websites

American Psychiatric Association <http://www.psych.org>

American Psychological Association <http://www.apa.org>

American Red Cross <http://www.redcross.org>

American Academy of Child and Adolescent Psychiatry  
<http://www.aacap.org>

About our Kids <http://www.aboutourkids.org>

Helping <http://helping.org>

### Trauma

Is your approach one that is encouraging anxiety and fear symptomatology and responses? Or are you taking a calming, reassuring and therapeutic approach to current national events and individuals? Consider the effects that putting out information on PTSD and trauma may have upon others! For more information, please contact Mark Long [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil)



### Links worth Visiting!



PAX Asking Saves Kids

<http://www.asksaveskids.com>

Truth The Antidrug <http://www.theantidrug.com>

<http://www.aboutourkids.org/>

<http://www.mentalhealth.about.com/mbody.htm>

Reminder it is Red Ribbon Week 23 - 30 October.

### CDC Releases New Guidelines on Fluoride Use to Prevent Tooth Decay

On August 16, the Centers for Disease Control and Prevention (CDC) issued new recommendations for fluoride use that take into consideration the widespread use of bottled waters and availability of numerous fluoride-containing products. Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States is intended to provide guidance to dental and health care providers, public health officials and the general public on the best practices in using fluoride to prevent tooth decay. For additional information visit: [http://www.adha.org/profissues/cdc\\_fluoride\\_guidelines.htm](http://www.adha.org/profissues/cdc_fluoride_guidelines.htm)

"Destiny is not a matter of chance, it's a matter of choice; it's not a thing to be waited for, it's a thing to be achieved."

- William Jennings Bryan